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mother and baby



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A PUBLICATION OF THE
DEPARTMENT OF NATIONAL HEALTH AND WELFARE
CANADA

Mother and Baby

Published by Authority of the

Honourable John Munro,

Minister of National Health and Welfare

Maurice LeClair, M.D.,
Deputy Minister of National Health

Joseph W. Willard,
Deputy Minister of National Welfare

FOREWORD

This book tells you some of the ways you can keep yourself healthy so that you will have healthy babies.

For more information on ways to keep yourself healthy, see the book called "The Canadian Mother and Child."



MEDICAL SERVICES BRANCH



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Your name

Your husband's name

Age..... years. Your normal weight..... pounds

Expected date of baby's birth

Other children (give names and ages)

.....

.....

.....

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Take this book with you when you go to see

Doctor

Nurse

Between visits write down questions you want to ask.

Be sure to do what the doctor or nurse tells you.

Getting ready for baby

1. Health is the greatest gift that parents can give their children. A healthy family is more likely to be a happy family.
2. By taking good care of yourself and by having everything ready for baby before he is born, you can do much to keep you and your baby healthy and happy.
3. As soon as you think you are having a baby, tell the doctor or nurse.
4. You will need lots of rest. Lie down for a little while a few times a day, and try to get eight hours sleep at night. Fresh air is important too.
5. Exercise such as walking and housework are good for you and your baby. Do not pull or lift heavy objects. Do not get too tired before taking a rest.

Wastes from body

All wastes coming from the bodies of baby and mother are removed by the mother's bowels, kidneys and skin.

Bowels

It is important that you have a good bowel movement every day. Plenty of fluids (tea, milk, soup, water, juice) and proper food, including fresh fruit, brown bread, cereals and vegetables will help your bowels. Do not take medicine unless it has been ordered by your doctor or nurse.

Kidneys

You may need to pass water more often when you are pregnant, but you should still drink 4 to 5 glasses of fluids everyday.

If your hands and feet swell, see the doctor or nurse as soon as possible. Until you can do this, rest with your feet up and do not add salt to your food.

Skin

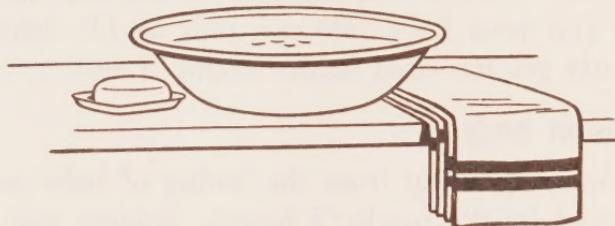
Wash yourself everyday with soap and warm water.

A daily wash with soap and warm water helps to make you look and feel your best.

All you need is a basin, soap and a towel.

If you take a tub bath, the water should not be very hot.

During the last two months, take only showers or wash well in warm water. Do not get into the tub.



Special care for your breasts

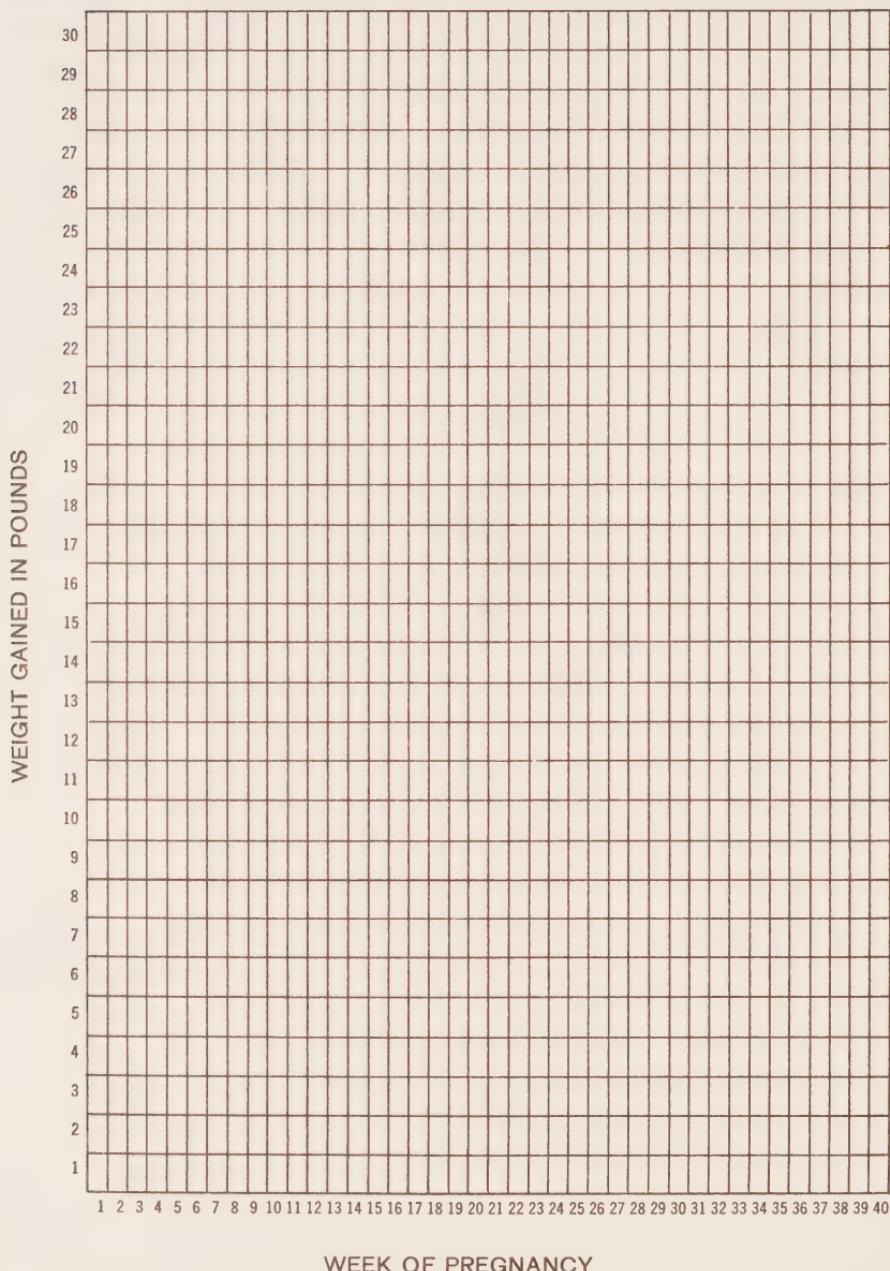
Wash your breasts with soap and water everyday. You are now getting your breasts ready for nursing your baby.

Visiting nurse or doctor

1. Even though the nurse visits in your home, go to see the doctor or nurse if you can once a month, for the first seven months. Then go every two or three weeks as your doctor or nurse tells you.
2. The morning you are going to the clinic, pass some urine in a clean bottle and take it to the nurse or doctor when you go.
3. The doctor or nurse will weigh you, take your blood pressure and test your urine each time you visit. Other simple tests including a blood test, will also be done to make sure you are healthy.
4. Smoking is not good for you or your baby.
5. Try to see a dentist during the early months of pregnancy, and as often as he asks you to see him after.
6. A mother must eat well to keep herself and her baby healthy. The nurse will help you choose the food you need. You can follow Canada's Food Guide and the small booklet, "Good Food—Good Health". If you cannot get some of the things in the book, the nurse may be able to tell you of other foods that will do instead.

MOTHER'S WEIGHT GAIN DURING PREGNANCY

You should not gain more than 20-30 pounds before baby is born



Daily diet for mothers

Milk — Fresh, powdered or canned.

2-4 cups each day if at all possible.

Milk helps you to have a strong baby.

Drink it or use it in soups, desserts, sauces or pour it over cereal or puddings.

If you cannot get fresh milk, canned or dried milk is just as good. Dried skim milk is cheaper and is as good as whole milk for pregnant women.

If you drink skimmed milk — to replace the Vitamin A removed with the cream, try to eat more carrots and other yellow vegetables, butter or margarine, eggs, liver, kidneys and be sure to take some cod liver oil.

Fruit

Eat fruit such as apples and oranges when possible because they contain Vitamin C. Canned juices — orange, grapefruit, vitaminized apple juice and tomato juice — or canned tomatoes — will give you Vitamin C, too. Some raw vegetables, such as cabbage and turnips, also contain Vitamin C. Many wild berries, particularly rose hips, are rich in this important vitamin. Ask the nurse for recipes for cooking rose hips. Cooked, canned or dried fruits are also good.

Cereals

One serving of whole grain cereal such as rolled oats or cracked wheat should be eaten daily with milk.





Vegetables

Everyday we should eat potatoes, fresh ones if possible, cooked in their skins, and at least one other vegetable such as carrots, turnips, cabbage, peas, onions and others.

Raw vegetables should be used daily when possible. Vegetables may be used in soups and stews, also.

Bread

Use enriched flour to make bannock or bread and eat 3 or 4 slices a day. Pilot biscuits may be used instead.

Powdered milk mixed in bannock makes it better for you.

Meats and other proteins

Eat meat everyday.

You may be able to get fresh meat such as beef or wild meat such as moose, rabbit or deer. Other foods such as canned meat or fresh fish, wild fowl, eggs, beans or cheese may be used instead. Most liver is very good for you. Try to eat it at least once a week.

Iron is in meat and it helps you to have good red blood. Remember that cheaper meats (stew or boiling meats) have just as much food value as the more expensive pieces.

Prenatal capsules

If you take the pills the doctor or nurse gives you it will help you to be healthy and have a healthy baby.

Fluids

Four to five cups of fluids should be taken each day. Boil the water if there is any danger that it is not safe.

Alcoholic drinks are not good to take as they may harm your baby.

Please note

Do not eat too many cakes, candies, soft drinks. The doctor will not want you to gain too much weight — not more than 20-30 pounds.

Clothing:

Wear comfortable loose-fitting clothing.

Any tight clothing such as round garters or stockings rolled at the knees, should not be worn as they may cause damage to the veins.

Marital relations:

Intercourse should be avoided at the time of the second and third missed periods, the last two months of pregnancy and the first six weeks after the baby is born.

Tell the doctor or nurse at once if you have:

1. Bleeding from any part of the body at any time.
(Stay lying down until the doctor or nurse tells you to get up);
2. Severe headaches or dizziness;
3. Swelling of face, hands or feet;
4. Fainting spells;

5. Any pain in abdomen especially in last months of pregnancy;
6. Vomiting which does not stop after third month;
7. No feeling of baby moving for a day or so, after you have begun to feel him move.

Be sure you have read and understand what has been said in this book up to this page. If you have read this book before just read pages to learn what you should eat to keep you and your baby healthy.

How the baby grows

1. At the third month of pregnancy the baby has the beginnings of all his parts.
2. His arms, legs, fingers and toes are all formed.
3. His bones are beginning to harden and his teeth have begun to form in his jaw.
4. By eating good food and keeping well yourself, you can be sure you are doing what you can for yourself and your baby.

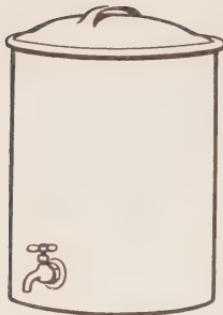
Plenty of rest and good food

1. The baby begins to move at about $4\frac{1}{2}$ months. Some mothers do not feel it move.
2. The doctor or the nurse can hear the baby's heartbeat.
3. Light work—especially in the fresh air—is good exercise. Walking out of doors a mile or two everyday is a good way to exercise.
4. Always have fresh air in the room where you are sleeping.
5. Do *not* pull and lift heavy loads.
6. Dancing until you are tired can be harmful.
7. As the baby grows heavier the weight may cause aching in the back, abdomen and legs. It is good to rest several times each day by lying down.
8. A supportive abdominal binder will help.
9. Comfortable positions while working will help to prevent strain.
10. When bending down to pick up anything, bend at the knees, not at the waist.

11. Talk to your doctor or nurse about how to work and rest comfortably. Stand tall.
12. During your pregnancy you will be getting hungrier. You may need to eat smaller meals more often.
13. You need foods which will build good blood, bones and muscles. Be sure to eat meats, fish, eggs, vegetables and fruit as well as bread, bannock or pilot biscuits.
14. The mother can give the baby the extra iron it needs by eating plenty of meat and taking the pills the nurse gives her. This will help the baby after it is born.

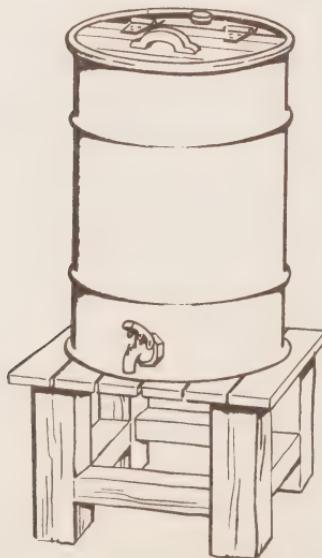
What kind of clothes to wear

1. Now your clothes may begin to feel tight. It would be best to choose clothing that can be made larger each month as the baby grows.
2. Tight garters should not be worn because they cause damage to the veins in the legs and feet.
3. A good support for the breasts is necessary because now they become heavy.
4. High heels should not be worn. They make you feel tired. They are not as safe as low or flat heels as they may cause you to fall.



Husbands please note

Pregnant women should not carry heavy pails of water. If you do not have running water in the house, it is best to have a water barrel, in the house, which should be kept filled by men or older boys. The barrel should have a tap and a lid to be placed on a stand. Keep the inside of the barrel clean by washing it with soap and water.



What you need for your baby

1. Your baby's clothes should be made in such a way that they will help to make him comfortable.
2. Clothes should be soft and warm and easy to wash. His first clothes should be too big for him as he will grow very quickly.
3. Get clothes that are easy to put on and take off. Baby will need a good supply of diapers (three dozen diapers, if possible) and safety pins, three shirts, three night-gowns, three pairs of bootees, a bonnet and some knitted sweaters and panties.
4. You will need the following for the care of your baby:
 - a) Basin for bath;
 - b) Pail *with lid* for soiled diapers;
 - c) Separate towels and washcloths;
 - d) A tray or box to hold the following:
 - jar with lid for nipples
 - clean baby bottle to give the baby water



- clean jar for boiled water
 - bottle of baby oil
 - soap
 - saucer for soap
- e) Large pan or tin for boiling bottles and nipples
 - f) Mosquito netting to cover baby so the flies will not touch him.

Show your nurse what you have when she visits you, and ask her for suggestions.

Planning for the baby's birth

In the seventh month of pregnancy it is time for you and your husband to make plans for your baby to be born at a hospital or nursing station. You will also want to plan for someone to take care of your family while you are away.

Talk to your doctor or nurse about when you should go to have your baby.

Ask relatives or friends if they can look after your family at the time that your baby is born.

What you need for baby's birth

- I. 1) When you go to the hospital or nursing station you will need:
 - slippers
 - toothbrush
 - toothpaste
 - comb
 - dressing gown
 - clothes for baby2) It is wise to pack the things you and your baby will need in a box or suitcase so that they will be ready if you have to leave for the hospital or nursing station in a hurry.
3) Plan how you are to get to the hospital or nursing station and make sure that there is someone who will look after your other children while you are away.
- II. If it is not possible for you to go to a hospital or nursing station to have your baby, you will need these things at home:
 - 3 nightgowns
 - 4 clean sheets

- blankets
- 3 towels
- 3 washcloths
- 6 newspaper pads (the nurse will show you how to make these)
- 4 dozen pads (Kotex or Modess)
- clothes for baby
- clean, strong, string for tying cord
- scissors or sharp knife for cutting cord
- and clean cloth for dressing cord

These things should be kept together in a clean, dry place. Most of it can be placed in a drawer or box which is kept off the floor.

III. You should be sure that the person caring for you is clean, she must:

- roll her sleeves high and wash her hands and arms well with soap and water before touching you;
- take special care to be sure that her fingernails are clean;
- boil the scissors or knife for cutting the cord; boil the string for tying the cord and the cloth for dressing the cord;
- help you get into position on a clean cloth or paper to have the baby when the pains get strong;

When your baby is ready to come

1. At some time during the last few weeks of pregnancy the baby drops lower in the abdomen. This does not always happen if you have had a baby before.
2. Not all mothers start labour in the same way. One or more of the following signs will tell you that the baby's birthday has arrived. Get in touch with your doctor or nurse immediately.

- a) Stronger and different cramps will be felt in the abdomen;
 - b) Steady lower back pain may be felt at regular intervals;
 - c) White, thick discharge from the birth canal increases;
 - d) There may be a sudden flow of water from the birth canal;
 - e) Bowel movements become more frequent than usual;
 - f) Blood or pink discharge may appear.
3. You can help your baby to be born more easily if you keep calm and remember that all of these changes are normal.
4. You may drink milk, soups and fruit juices, tea or coffee.



Labour

is the name given to the work a body does when a baby is born. There are three stages of labour. The following tells you what will happen at each stage;

- a) The First Stage — is when the mouth of the uterus (womb) is being stretched to a size to let the baby through. This stage may last many hours. Mothers

of first babies are often more than 12 hours at this stage. The muscles of the uterus or womb do the work. Deep abdominal breathing during strong contractions (or pains) will help you to relax. You should go to the hospital or nursing station when these contractions become regular.

- b) The Second Stage — is the time during which the baby is pushed through the opening into the outside world. This may last from a few minutes to one hour. This is when the doctor or nurse should be with you. Most babies are born head first. After birth, the baby's face should be kept out of any fluid that may be around and he should be held with his head lower than his feet so he can breathe more easily. Crying is good for the baby as it will make his colour a healthy pink. The baby may be covered with a white, creamy material. This should not be taken off. It is good protection for his skin. The blood and other moisture should be wiped away.

As soon as the blood beat through the cord has stopped it can be tied carefully in two places with a strong, clean piece of tape or string which has been boiled. This will prevent bleeding when the cord is cut. Ties should be about 3 and 4 inches from the baby's body. The cut should be made between the two ties with scissors or knife that have been boiled (it will not harm the baby to be left attached to the mother for awhile).

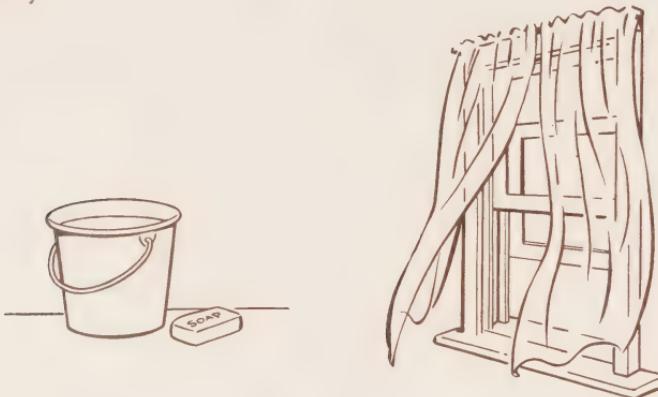
The baby should be wrapped warmly and placed where he can be seen. The cord should be looked at often during the first few hours. If it is bleeding it should be tied with another boiled tie. It is because this may have to be done that the cord should not be cut too close to the baby's body.

- c) The Third Stage — is from the time the baby is born until the placenta (afterbirth) is delivered. This is usually a very short period. If the placenta has not been delivered in from 15 to 30 minutes, place the baby at the breast. This will cause the uterus to get smaller and help the placenta to come away. Placing the baby at the breast also helps to stop bleeding from the uterus.

N.B. Remember clean hands help to prevent sickness

A healthful home is good for baby

Health and cleanliness go together. Keep your home clean. Soap and water is all you need. Disinfectants are not necessary.



Fresh air should be brought into your home, either by opening a window or airing it once in awhile by opening the door. Keep baby away from drafts. Do not put him on the cold floor. It is the coldest place in the room. A porch on the front of your house may keep the draft off the floor.

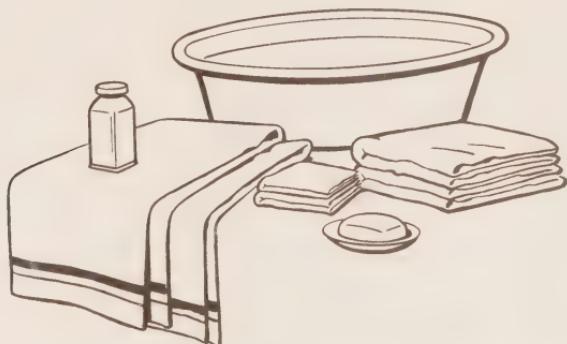
Protect your home from flies and insects during summer months by using screen windows and doors.



Summer is the time to prepare for winter, to get in a good supply of wood or oil and to check over your heater or stove.

What you need for baby's bath

1. A large pan or basin will do.
2. Two towels and washcloths for baby only.
3. A large towel or bath blanket.
4. Mild soap and baby powder or oil.



NOTE: Bath baby even if he cries. He will get used to his bath and will like it. If the house is too cold for bathing, wash baby's body by uncovering a little at a time. This will keep him from catching cold. When bathing or washing the baby pay special attention to creases, particularly neck, behind ears, underarms, groins, buttocks, between fingers and toes.

Also care of head — babies with cradle cap — wash head daily.

Seek help from doctor or nurse if signs of soreness of buttocks appears.

Feeding your baby

Plan to breast feed your baby

- Breast-feeding is best;
- Breast-feeding is clean;
- Breast-feeding is good for baby;
- Breast-feeding is good for mother.



1. Fewer babies die of diarrhoea when they are breast fed.
2. Breast feeding helps the mother's body return to normal quickly.
3. The milk is always pure and at the right temperature.
4. While the baby is nursing he feels safe and happy.
5. Wash your breasts well with soap and water and dry well before feeding baby.
6. Baby will need frequent short feedings the first few days. This will help you have more breast milk. Baby must be

placed on his side after each feeding. At first nurse baby for 2-3 minutes on each breast. The feeding time can be increased, until the baby takes a full feeding from one breast. For one feeding use left breast, the next use the right.

7. Burping — several times during feeding stop and hold the baby over your shoulder so that he can burp away any air he may have swallowed.
8. Feed the baby when he is hungry. Make sure he has taken enough before letting him go back to sleep. Allow the baby to choose his own feeding hours. He should be able to sleep 3 or 4 hours between feedings.
9. Do not forget the mother still needs good food — meat, vegetables, milk (powdered or fresh), water — a glass before every feeding keeps up the supply of fluid in the mother's body.
10. The mother should take the pills the nurse gives her.



Remember to wash your hands well with soap and water before feeding your baby because you may have germs on your hands that would make your baby sick. Keep your fingernails short and clean.

If your nipples or breasts are red and sore, let your doctor or nurse know right away.

Your baby's needs

1. Your baby's needs are few and simple in his first few months.

They are:

- (a) Food
- (b) Sleep
- (c) Fresh Air
- (d) Cleanliness
- (e) Love

2. Your baby's skin and clothing should be clean and dry.
3. Give the baby his bath in a warm room and use his own basin and towels. Wash and dry his buttocks carefully each time his diaper is changed.
4. Your nurse will show you how to bathe and feed your baby.

Remember:

- Always wash your hands before giving him his feeding.
- His food and much of his love and feeling of being safe is given to him while he is being fed at the breast.
- Your baby is not a plaything. You could easily hurt your baby if you are not careful.
- If you must feed the baby with a bottle, hold him in your arms to feed him.



Baby should have his own bed

1. A basket, bassinet or crib may be used for his first bed.

It should have a firm mattress. (Not a pillow, as baby needs firm support). An old blanket or quilt folded makes a good mattress.

Other needs for baby's bed:

1. Two cotton blankets.
2. Woolen blankets.
3. Six sheets (when baby is small, diapers may be used for sheets).
4. Two yards of mosquito netting to protect baby from flies and bugs.
5. It is a good idea to have pads to keep under baby's buttocks. Old bath towels may be doubled and sewn together to make pads. They are easily washed.

Keep in touch with your doctor or nurse

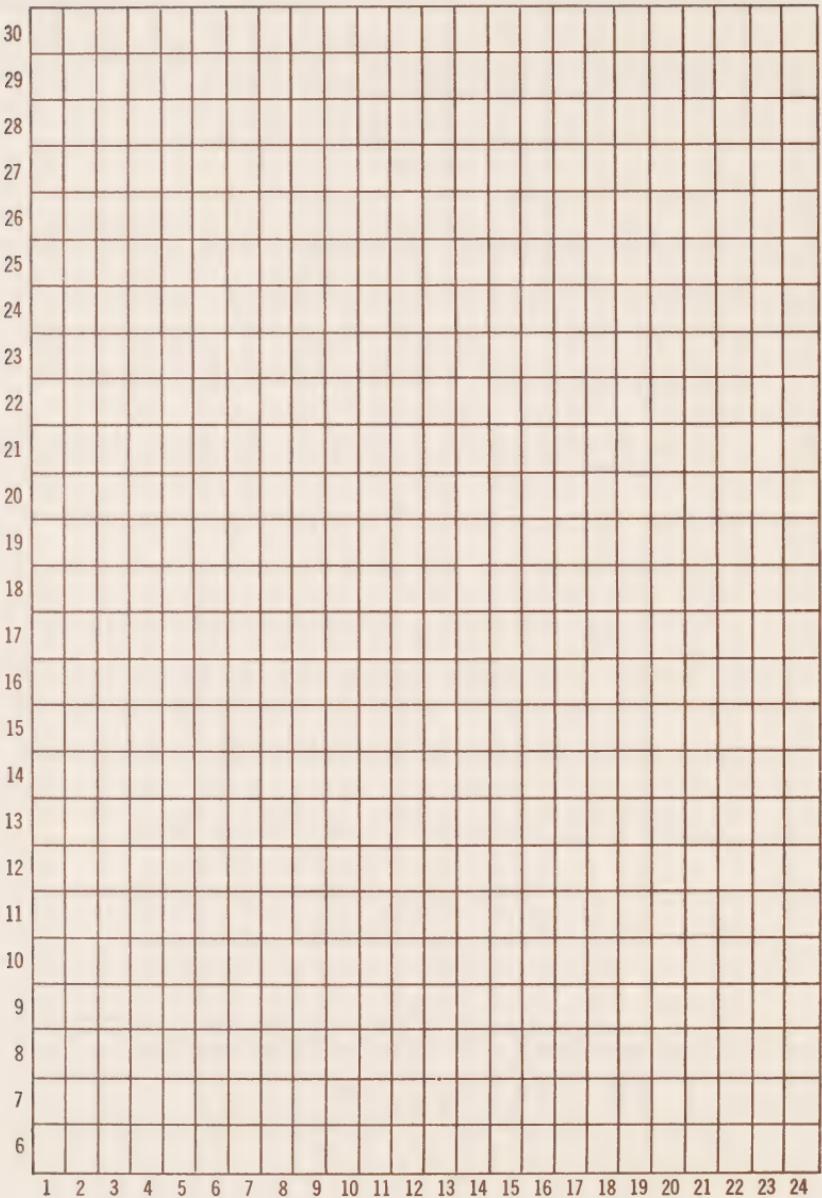
They want to keep you and your baby healthy. If you live near a nursing station or a health centre, the nurse will be seeing you often after the baby is born. She will visit you, but you should go to the clinic, too. Be sure to tell her if you think there is something wrong with you or your baby.

Mothers will need to be examined six weeks after the baby is born. Be sure to see your doctor or nurse.

The next few pages are for the mother's questions and a record of visits with the doctor and/or nurse during the first four weeks after baby is born.

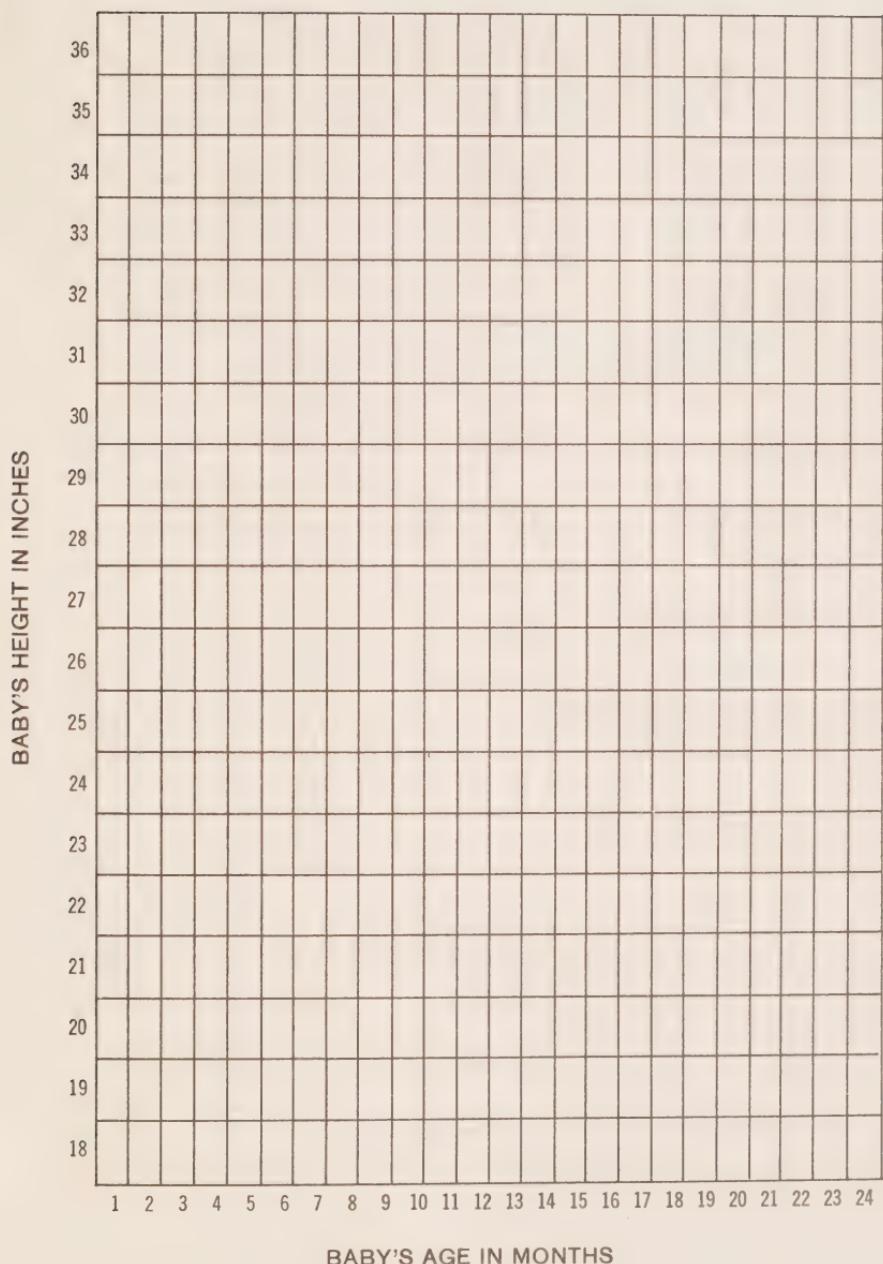
BABY'S HEALTH RECORD - WEIGHT

BABY'S WEIGHT IN POUNDS



BABY'S AGE IN MONTHS

BABY'S HEALTH RECORD - HEIGHT



Questions you want to ask about yourself

- 1.....
- 2.....
- 3.....
- 4.....

Date of visit.....

Food.....

Exercise/Work.....

Personal hygiene.....

Questions about your baby

Umbilical cord.....

Feeding.....

Condition of skin.....

Weight of baby.....

Notes and instructions.....

A very important visit sixth week visit to doctor or nurse

The visit you will make to your doctor or nurse six weeks after your baby is born is very important to your future health. This visit is necessary to be sure your body has returned to normal and to be sure your baby is growing well on his mother's milk.

Notes on visit to doctor or nurse before baby is six weeks old

Questions you want to ask about yourself

- 1.....
- 2.....
- 3.....
- 4.....

Date of visit.....

Food.....

Exercise/Work.....

Personal hygiene.....

Questions about your baby

Umbilical cord.....

Feeding.....

Condition of skin.....

Weight of baby.....

Notes and instructions.....

As soon as possible after your baby comes the nurse will visit you and your baby in your home and will help you with any problems you may have with

- feeding the baby;
- bathing the baby;
- general care of the baby;

Note to Parents: For other help from the nurse or doctor you may take the baby to the clinic if the nurse does not see you in your home.

Note: Occasionally mothers are not able to breast feed their babies, therefore instructions for bottle feeding are given.

Bottle feeding

The milk in a bottle feeding is called a formula.

If it is impossible to breast feed your baby because you are sick at home or may have to go away for treatment, the baby will have to be fed by bottle.

Remember:

- give him the same attention he would have if you breast fed him.
- never leave him alone with his bottle; because he might choke.
- hold him in your arms when you feed him — he needs your comfort.
- always wash your hands after changing the baby's diaper and before giving him his bottle.

If possible, ask your doctor or nurse how much milk to give your baby in the bottle.

If you cannot see the doctor or nurse, try to do what the book tells you.

Kinds of milk for baby's bottle

You can use 1. Evaporated (canned) milk

 2. Powdered milk

 3. Fresh milk

Do not use Sweetened Condensed milk.

Evaporated Milk — is often used for babies formulas. It is usually fresh and clean when opened and is free of germs. When the can has been opened, keep it covered and in a cool place.

Powdered Milk — has the same value as fresh or canned milk. Always mix the powdered milk

with cooled, boiled water. For amount your baby needs, see the recipes given on pages 35, 36.

Fresh Raw Milk — should be boiled gently for one minute to kill all dangerous germs. This will not harm the milk. Cool quickly. This is important. You can cool it by setting the pan in cold, running water or in a large pan of cold water.

Keep the milk covered. When cooled, put it in a jar which has been boiled. Cover with a lid which has been boiled too. Be careful not to touch the top of the jar or inside of the lid with your hand. You may have germs on your hands.

How to make one bottle of formula

Getting Ready

Everything used in making the formula must be clean. Germs may get in. They cause the baby to be sick. They may cause vomiting and diarrhoea. Be sure to:

- wash your hands well with soap and water.
- put on a clean apron.
- wash the bottle, nipple, can opener and spoon with soap and water and rinse well.
- *boil* bottle, can opener and spoon in a covered pan for ten minutes. Put the nipple in to boil the last three minutes. Drain off water and let the bottle, can opener and spoon cool.
- if you use canned milk wash off the top of the can before you open it. Then keep it covered and in a cool place until all the milk is used.

All water used for baby's feedings must be boiled at least five minutes.

Recipes for making one bottle of formula

In these recipes evaporated milk is used because it is easier to keep canned milk safe from germs that may cause the baby to be sick.

If you know how much your baby weighs use the recipe according to weight, not age.

In all the recipes, short ways of writing some of the words have been used:

T. = Tablespoon (large spoon)

t. = teaspoon (small spoon)

lb. = pound

oz. = ounce

1. If your baby weighs 6 lbs. (birth to 2 weeks) he needs 3 oz. at each feeding.

Put 2 T. (1 oz.) milk in a bottle

Add 4 T. (2 oz.) of boiled water

Add $\frac{1}{2}$ t. sugar



2. If your baby weighs 7 lbs. (2 weeks to 1 month) he needs $3\frac{1}{2}$ oz. at each feeding.

Milk 2 T. + 1 t. (1-1/6 oz.)

Water 5 T. (2 $\frac{1}{3}$ oz.)

Sugar 1 t.

3. If your baby weighs 8 lbs. (1 month to 1½ months) he needs 4 oz at each feeding.

Milk 2 T. + 2 t. (1⅓ oz.)
Water 6 T. (2⅔ oz.)
Sugar 1 t.

4. If your baby weighs 9 lbs. (1½ months to 2 months) he needs 4½ oz. at each feeding.

Milk 3 T. (1½ oz.)
Water 6 T. (3 oz.)
Sugar 1 t.

5. If your baby weighs 10 lbs. (2 months to 2½ months) he needs 5 oz. at each feeding.

Milk 3 T. + 1 t. (1⅔ oz.)
Water 6 T. + 2 t. (3⅓ oz.)
Sugar 1 t.

How to make 6 bottles of formula at a time

It saves time to make a whole day's feedings (6 bottles) at one time. To do this you will need:

1. A large pot with a cover. (Keep bottles from bottom with rack or lid from another pan). Stand bottles up in pot.
2. 8 or 10 bottles, so that you can make 6 feedings and have clean bottles for baby's water.
3. 8 to 10 nipples and caps — glass, metal, plastic or heavy paper.
4. Bottle brush to clean the bottles.
5. Set of measuring spoons or a teaspoon and a tablespoon.
6. 8 oz. measuring cup.
7. A large saucepan in which to mix formula.
8. Metal spoon for stirring.

9. A funnel.
10. A can opener.
11. Tongs.
12. A knife.
13. A strainer.
14. Glass jar with cover for spare nipples.

Remember

- Be sure everything you use for baby's formula is clean;
- Wash your hands well before making the formula;
- Put on a clean apron.

Method:

1. Measure the milk, water and sugar accurately into a large pan or bowl and mix well. If fresh milk is used, mix the cream well first and wash the bottle top before pouring the milk. If canned milk is used, wash the top of the can and rinse the can opener with boiling water. Recipes are also given for the use of powdered milk.
2. Using funnel, divide the milk mixture into the number of bottles the baby needs in one 24 hour period. Put nipples and caps on, but do not press or screw caps on tightly. If you have no caps, pieces of clean paper may be tied on to top of each bottle.
3. Put the bottles of milk, the empty bottles you will need for water for the baby, the nipples and the caps in the pot for boiling. Pour in water until it comes halfway up on the bottles, put on lid and place on stove to boil.
4. When water boils let it bubble well for 25 minutes. If you have a refrigerator or cold storage box put the baby's formula in it to keep cool and clean.

Recipes for 6 bottles of formula

These recipes show the amounts needed for 24 hours. The amounts are shown in ounces as well as the nearest simple measurement.

Weight of baby — 6 lbs.

Age — birth to 2 weeks

Amount needed	Formula: whole milk	Formula: evap. milk	Formula: powdered milk
18 oz.	12 oz. milk	6 oz. evap. milk	6 T. powd. milk
	6 oz. water	12 oz. water	18 oz. water
	2 T. sugar	2 T. sugar	2 T. sugar

Weight of baby — 7 lbs.

Age — 2 weeks to 1 month

Amount needed	Formula: whole milk	Formula: evap. milk	Formula: powdered milk
21 oz.	14 oz. milk	7 oz. evap. milk	7 T. powd. milk
	7 oz. water	14 oz. water	21 oz. water
	2 T. sugar	2 T. sugar	2 T. sugar

Weight of baby — 8 lbs.

Age — 1 to 1½ months

Amount needed	Formula: whole milk	Formula: evap. milk	Formula: powdered milk
24 oz.	16 oz. milk	8 oz. evap. milk	8 T. powd. milk
	8 oz. water	16 oz. water	24 oz. water
	2 T. sugar	2 T. sugar	2 T. sugar

Weight of baby — 9 lbs.

Age — 1½ to 2 months

Amount needed	Formula: whole milk	Formula: evap. milk	Formula: powdered milk
27 oz.	18 oz. milk	9 oz. evap. milk	9 T. powd. milk
	9 oz. water	18 oz. water	27 oz. water
	2 T. sugar	2 T. sugar	2 T. sugar

Weight of baby — 10 lbs.

Age — 2 to 2½ months

Amount needed	Formula: whole milk	Formula: evap. milk	Formula: powdered milk
30 oz.	20 oz. milk	10 oz. evap. milk	10 T. powd. milk
	10 oz. water	20 oz. water	30 oz. water
	3 T. sugar	3 T. sugar	3 T. sugar

After your baby reaches 10 lbs. — which might be at about the age of 2 months to 2½ months — and is still hungry after feedings, you can add more milk to the bottle feeding.

How to make a cooler in the ground for food (You cool baby's formula in it, too)

1. Dig a hole about two feet deep in a spot which is shaded from the sun at least most of the day.
2. Place a box, large pail or crock with tight fitting lid in the hole and pack sand or earth firmly around it.
3. Place heavy object such as a stone on lid to keep dogs out.
4. During hot weather a sack of damp sawdust placed over the lid will help the contents cool. A frequently dampened gunny sack or a pile of large green leaves may be used if a sack of sawdust is not available.



When baby is one month old

Take him to the doctor or nurse for a checkup

Date.....

Weight.....

Appearance.....

Haemoglobin.....

Remarks.....

Instructions

Date of next visit.....

Up to two months baby should be getting

MILK — mother's milk, if at all possible, or bottle feeding.

JUICE — during first month start giving orange or tomato juice.

Give him 1 teaspoonful orange juice mixed with 1 teaspoonful of cool, boiled water. Increase this gradually until he takes $\frac{1}{4}$ cup of juice with $\frac{1}{4}$ cup of water.

(Tomato juice may be given if there is no orange juice. Use twice as much tomato juice as orange juice in order to supply enough Vitamin C for baby).

VITAMIN D — The baby needs Infantol or other form of Vitamin D each day.

Ask your doctor or nurse to help you on the right amounts of these foods.

When baby is two months old

Take him to the doctor or nurse for a checkup

Date.....

Weight.....

Appearance.....

Haemoglobin.....

Remarks.....

Instructions

Date of next visit.....

At two months of age

In addition to MILK

JUICE

VITAMIN D

baby should be given some CEREAL

Start off with a small amount of baby cereal (Pablum, for example) or well-cooked and strained oatmeal. The amount given may be increased as the baby and his appetite grow.

Baby gets his food first and his milk last.

Ask your doctor or nurse about what your baby should be eating.

When baby is three months old

Take him to the doctor or nurse for a checkup

Date.....

Weight.....

Appearance.....

Haemoglobin.....

Remarks.....

Instructions

Date of next visit



At three months of age

In addition to MILK

JUICE

VITAMIN D

CEREAL

you should now add FRUITS to baby's diet.

It should be a kind of fruit that can be mashed with a fork because a baby might choke on lumpy foods. Bananas are good, and so is applesauce.

Try a small amount to start with.

Canned Baby Fruits may be used if you can buy them — applesauce, apricots, prunes, bananas, peaches, or use canned fruits well mashed or strained — peaches, apricots.

Ask your doctor or nurse about what you feed the baby.

Baby should get his food first and his milk last.

When baby is four months old

Take him to the doctor or nurse for a checkup

Date.....

Weight.....

Appearance.....

Haemoglobin.....

Remarks.....

Instructions

Date of next visit.....

At four months of age

In addition to MILK
JUICE
VITAMIN D
CEREAL
FRUIT

you may now start to give him;

1. Egg yolk — either raw or hard boiled and mashed.
2. Vegetables — these should be the type which can be mashed with a fork, such as well cooked carrots, potatoes or peas.

Start, in each case, with very small amounts.

Canned baby vegetable — carrots, squash, peas may be used.

Give baby his food first: his milk last

When baby is five months old

Take him to the doctor or nurse for a checkup

Date.....

Weight.....

Appearance.....

Haemoglobin.....

Remarks.....

Instructions

Date of next visit.....

At five months of age

Continue to give baby MILK

JUICE

VITAMIN D

CEREAL

FRUIT

EGG YOLK

VEGETABLE

and give him a crust of bread or hard piece
of bannock to chew on.

Give baby his food first: his milk last

When baby is six months old

Take him to the doctor or nurse for a checkup

Date.....

Weight.....

Appearance.....

Haemoglobin.....

Remarks.....

Instructions

Date of next visit.....

At six months of age

In addition to MILK

JUICE

VITAMIN D

CEREAL

FRUIT

EGG YOLK

VEGETABLE

CRUST TO CHEW ON

give him some strained soup. Any chunks of meat or vegetable must be removed, and it should not be too hot.

Baby may also begin on small amounts of milk puddings, which may be made for the family.

Recipe for milk pudding

(5 servings)

2 $\frac{1}{4}$ cups scalded milk
3 $\frac{1}{2}$ tablespoons cornstarch
 $\frac{1}{3}$ cup sugar

$\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla

- 1) Mix cornstarch, sugar and salt in saucepan.
- 2) Stir milk in gradually.
- 3) Cook over medium heat, stirring constantly until mixture boils. Boil 1 minute.
- 4) Remove from heat, add vanilla. Cool.

Summary of feeding from 2 to 6 months

Up to 2 months

Baby should be getting:

Milk (mother's milk or bottle)

Juice

Vitamin D

At 2 months — add

Cereal

At 3 months — add

Fruits — mashed banana or applesauce

At 4 months — add

Egg Yolk (raw or hard boiled and mashed)

Vegetables — mashed carrot, peas or potatoes

At 5 months — add

A hard crust of bread or bannock to chew on

Remember — Baby gets his food first, his milk last.

Ask your doctor or nurse for help in planning baby's meals.

How to wean your baby

Any time after six months you may start giving your baby one feeding a day from a bottle or cup. A week later give two feedings a day. Increase the number of bottle or cup feedings until your baby is off the breast. If your breasts are too full take less to drink. Stop eating soup. Wear a tight breast binder.

There is no harm to the baby if you continue to nurse him after you become pregnant, although it may make you very tired.

When baby is seven months old

Take him to the doctor or nurse for a checkup

Date.....

Weight.....

Appearance.....

Haemoglobin.....

Remarks.....

.....

.....

.....

Instructions

Date of next visit.....



At seven months of age

Baby should be able to drink some of his milk from a cup. He should be eating three meals a day, with 3 between meal snacks.

For example:

- 8:00 Breakfast
Milk
- 10:00 Milk or juice
- 12:00 Dinner
Milk
- 3:00 Milk or juice
- 6:00 Supper
- 10:00 Bottle

In addition to the foods he is already getting, add to his noon meal some finely chopped, well-cooked MEAT, FISH or POULTRY.

When baby can chew, these foods do not need to be so finely chopped.

Canned Baby Foods

Strained pure meats such as Beef, Liver and Bacon, Pork, Chicken, may be used if available.

When baby is eight months old

Take him to the doctor or nurse for a checkup

Date.....

Weight.....

Appearance

Haemoglobin

Remarks.....

Instructions

Date of next visit.....

At eight months of age

Carry on with the same foods, but now baby can have a WHOLE EGG. The egg may be boiled, scrambled or poached.

Teeth

The baby will get his first teeth at about 6-8 months of age. By the time he is $2\frac{1}{2}$ years old he will have 20 temporary (baby) teeth.



These teeth are important for they help the second or permanent teeth to come in straight.

Help your baby to have healthy teeth:

- 1) At five months give him a hard crust or baby biscuit, (not the sweet kind) to chew on.
- 2) Do not give him candies, soft drinks or sweet cookies (especially between meals).
- 3) Give him the good food he needs.
- 4) Dentists say that even the first tooth should be cleaned after meals.

When baby is nine months old

Take him to the doctor or nurse for a checkup

Date.....

Weight.....

Appearance.....

Haemoglobin.....

Remarks.....

Instructions

Date of next visit.....

At nine months of age

By this time all baby's food may be less finely chopped or mashed.

You may add well cooked BACON, and a greater variety of FRUIT and VEGETABLES.

If you are using canned baby foods, buy Junior (chopped) Foods now.

Baby gets his food first, his milk last.

When baby is ten months old

Take him to the doctor or nurse for a checkup

Date.....

Weight.....

Appearance.....

Haemoglobin.....

Remarks.....

Instructions

Date of next visit.....



From ten to twelve months

By this time baby should be weaned off the breast or bottle and eating three meals a day. He should be drinking his milk, about 1 pint a day, from a cup.

When baby is eleven months old

Take him to the doctor or nurse for a checkup

Date.....
Weight.....
Appearance.....
Haemoglobin.....
Remarks.....

Instructions

Date of next visit.....



When baby is eleven months old

He will start to creep or move about by himself.

Keep him safe

Watch him all the time. If you can't do it all the time be sure you have someone else look after him. It is sometimes good to put baby in a playpen where he can play safely.

Keep baby away from:

- hot stoves (could have a guard around the stove);
- matches;
- poisons — (coal oil — lysol, etc.)
keep these on a high shelf or nail a box high on the wall.
- boiling water or hot tea;
- sharp things (such as knives, axes, scissors);
- dogs or cats.

Keep baby warmly dressed and away from drafts when he is crawling on the floor.

Important

- Keep your floors clean;
- Keep flies and animals out of your house;
- Keep your yard clean of sharp stones or glass;
- Never leave your baby alone in the house.

Summary of feeding when baby is 6 to 12 months old

Up to 6 months

Baby should be getting:

Milk (mother's milk or bottle), Juice (for Vitamin D), Vitamin D, egg yolk, cereal, vegetables, a hard crust to chew on

At 6 months, add

Strained soup, milk puddings

At 7 months, add

Finely chopped, well-cooked meat, fish or poultry. When baby can chew, these foods do not need to be chopped so fine

At 8 months, add

Both yolk and white of egg. The egg may be boiled, poached or scrambled

At 9 months, add

All his food may be less finely chopped or mashed

Add

Well-cooked bacon, wider variety of vegetables and fruits

At 10 months

Baby will be weaned, drinking from a cup and eating 3 meals a day, not more than 1 pint of milk a day.

At 12 months

Baby and the family should be eating according to Canada's Food Guide.

Remember, Baby gets his food first, and his milk last.

Ask your doctor or nurse for help in planning baby's meals

A good guide to follow

It is best for every baby if mother tries to do the same things for the baby at the same time every day. This helps to form good habits later in life.

Sometimes training the baby takes a long time and mothers have to be patient.

Babies may not like to be washed, have their teeth cleaned or go to sleep at bedtime. Be gentle, but firm. Scolding and punishing should not be necessary.

- Keep the baby clean and happy;
- Take the baby to the clinic regularly for a checkup.

When baby is one year old

Take him to the doctor or nurse for a checkup

Date.....

Weight.....

Appearance.....

Haemoglobin.....

Remarks.....

Instructions

Date of next visit.....

When baby is one year old

He will be moving around more now and will be wanting to get on his feet. You will still need to watch him carefully to keep him safe.

- Put him to bed every morning and afternoon for a sleep because he needs plenty of sleep. Do not keep him up for visitors.
- Wash his hands and face before meals.
- It's time to get a small toothbrush. Use a little salt water for his teeth.
- Children at this age like toys they can pull around. Home-made wooden toys are good.
- He will likely weigh three times as much and be about eight inches taller than when he was born.
- He will try to find things out for himself. He will try to put things in his mouth or in his ears or nose.

- He will like to squeeze things in his hands — mud, etc. Give him clean things to handle and hold.
- He will like to bang things as hard as he can. This is good, but give him something that won't break.
- He will be better if he spends some time outdoors each day. In summer the playpen can be put outdoors.

Toilet habits

It is impossible to "train" a child under one year in the use of the toilet. Some mothers try, but it is better to wait and try in the early months of the second year, when baby is developing muscle and nerve control.

Training

Warm up a potty and hold it and the baby on your knee. Later you can sit the baby on a small toilet seat.

- Never leave him longer than 5 minutes.
- A baby may have three or four bowel movements a day. Some may have only one every two days.
- It is not how often or how regular the bowel movement, but the kind that matters.
- The waste should be yellow or brownish and soft.
- If the movement is hard — give the baby more water and more vegetables and fruit such as prunes.
- Don't get worried if you notice a change in the colour and kind (soft, hard) when you put baby on solid foods.
- Babies will continue to wet themselves until they are about 18 months to 2 years old. They may wet their beds at night for even longer. Sometimes you can put the baby on the potty when you wake him up, but don't do it too often.
- If your baby is having trouble, talk to the nurse or doctor about it.

Clothing

When buying or making clothing remember:

- Clothes should fit loosely so baby can move freely and there will be room for the baby to grow;
- They should be light and warm;
- They should be easily washed.

How to wash baby's clothes

Rinse dirty diapers as soon as you take them off baby. Leave them in a covered pail to soak. Never use bleach or other antiseptics. They may be hard on the baby's skin. Diapers should be washed daily in mild soap and water and rinsed well. If possible hang them out to dry. Do not iron diapers.

When changing baby's diapers

- Have a pail with a cover for soaking soiled diapers.
- Clean baby's buttocks with kleenex or toilet paper or soft cloth. Bathe with mild soap and water as required.
- Use powder, cornstarch or oil to prevent baby's buttocks getting red or sore.
- If the buttocks are red or sore leave the diaper off for a while.

Remember:

Cleanliness of baby and diapers helps keep the baby healthy and stops the spread of diarrhoea.

Change the baby before and after feeding if necessary and as often as he needs it to feel comfortable and happy.

Should you use rubber pants for baby?

These are fine when taking baby out. They protect his outer clothes when travelling. If kept on too long they may cause a rash. Do not put baby to bed in rubber pants. It is better to use a good padding under him. Knitted pants or soakers are sometimes useful.

Travelling with baby

You will find a basket with handles very useful and baby can rest as well as mother and father, whether he is taken on boat, train or bus.

If baby is carried in a tikinogan or on the mother's back in a parka hood, he should be taken out as often as possible so he can exercise his legs and arms.

Disposable diapers or native moss is a good thing to use when it is difficult to wash diapers.

Carry a plastic bag for baby's dirty clothing.

In summer don't forget to carry a mosquito netting to cover baby, and keep away harmful flies and mosquitoes.

When baby gets sick be sure to let the doctor or nurse see him

A doctor or nurse should see the baby:

- 1) If he has a high fever — (is hot all over). He may be very cross or too quiet.
- 2) If the baby vomits or refuses to eat.
- 3) If he has diarrhoea (too loose bowel movements — usually greenish and slimy).
- 4) If he has a very sharp, whiny cry, or refuses to sleep. If this is due to earache he may put his hand to his sore ear. If it is due to a pain in his stomach he may draw up his knees.

Try to use common sense. If you are not sure about your baby's health see the doctor or nurse as soon as possible.

Protect baby from infection and sickness

1. Keep away from sick people.
2. Wash your hands before feeding the baby and after changing diapers.
3. Keep baby's milk and other foods cool and covered. Warm food and milk just before feeding the baby.

4. Keep the baby covered with the mosquito netting during summer months.

Reasons baby may get sick because:

1. His food or milk may spoil if it is left too long in a warm room or if flies get at it.
2. If your hands are not clean you can give baby germs that make him sick. Always wash your hands before doing anything for the baby.
3. A sick person may breathe or cough germs on the baby.
4. Baby may get cold or chilled if he isn't kept warm, or he may get sick if he is kept too warm.
5. Baby may not be getting enough of the right kinds of food to keep him healthy, e.g. milk, scraped or strained meat, strained juices, vegetables and fruit, baby cereal, bread crusts and baby biscuits.



Food guide for you and your family

Milk

Breast milk is best for babies.

Powdered, canned or fresh milk is good for everyone.

Children under 11 years need $2\frac{1}{2}$ cups a day.

Children over 11 years need 4 cups a day.

Adults should have about $1\frac{1}{2}$ cups a day.

Mothers should have about 4 cups a day.

Fruits and vegetables Have some every day to have strong healthy bodies.

Oranges, blueberries, apples, tomatoes, carrots, turnips, cabbage, potatoes, peas, beans and corn.

Bread, bannock & oatmeal Oatmeal makes a good breakfast, it supplies heat and energy.

Bannock should be made with powdered milk.

Meat and fish Meat and fish help make strong bodies. Fresh meat, chickens and geese are good; canned meat is good, too. Cheese, dried beans or peas, or eggs can be used instead of meat.

If the nurse gives you vitamin pills be sure to take them every day.

If the nurse gives vitamin pills to anyone else in your family, be sure they take them every day, too.

Immunization

Why and When

Your baby can be protected from some diseases by needles.

These diseases are:	Tuberculosis	Smallpox
	Whooping Cough	Polio
	Diphtheria	Measles
	Tetanus (lockjaw)	

What to Do

Take baby to the doctor or nurse before he is three months old, if possible. If you can't go before then go as soon as you can after. The doctor or nurse will tell you what to do after that.

It takes several needles to complete the protection for your baby. It is important to take your baby to the clinic on the date the doctor or nurse asks you to.

PERSONAL IMMUNIZATION RECORD

MEDICAL SERVICES

DEPARTMENT OF NATIONAL HEALTH AND WELFARE

FORM NO. M.S.8709(5-66)

SEE EXPLANATION OF ABBREVIATIONS ON OTHER SIDE

AGE	VACCINE	DATE GIVEN	NAME		HOME ADDRESS	DATE OF BIRTH	PERSONAL NO.
			MALE	FEMALE			
1ST MONTH	NO TUBERCULIN TEST NECESSARY B.C.G.						
2ND MONTH	D.P.T.P.						
3RD MONTH	D.P.T.P.						
4TH MONTH	D.P.T.P.						
5TH MONTH	TUBERCULIN TEST - IF NEGATIVE B.C.G.						
6TH MONTH	SABIN (POLIO)						
7TH MONTH	SMALL POX						
8TH MONTH	SABIN						
9TH MONTH	MEASLES						
12TH MONTH	TUBERCULIN TEST - IF NEGATIVE B.C.G.						
18TH MONTH	D.P.T. (BOOSTER)						
	SABIN						
	D.T. (BOOSTER)						
	SMALL POX						
SCHOOL ENTRY	SABIN						
	TUBERCULIN TEST - IF NEGATIVE B.C.G.						
	D.T. (BOOSTER)						
	SMALL POX						
MID-SCHOOL (GRADE 5)	SABIN						
	TUBERCULIN TEST - IF NEGATIVE B.C.G.						
	D.T. (BOOSTER)						
	SMALL POX						
SCHOOL LEAVING (GRADE 10+)	SABIN						
	TUBERCULIN TEST - IF NEGATIVE B.C.G.						
	D.T. (BOOSTER)						
	SMALL POX						

EXPLANATION OF ABBREVIATIONS

B.C.G. - TUBERCULOSIS VACCINE. **D.P.T.P.** - DIPHTHERIA, PERTUSSIS (WHOOPING COUGH), TETANUS (LOCK JAW), POLIOMYELITIS COMBINED VACCINE. **SABIN** - ACTIVE POLIOMYELITIS VACCINE GIVEN ORALLY. **D.P.T. BOOSTER** - DIPHTHERIA, PERTUSSIS AND TETANUS. **D.T. BOOSTER** - DIPHTHERIA AND TETANUS.

OTHER OBSERVATIONS OR INOCULATIONS MAY BE RECORDED IN SPACE BELOW

Health record

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